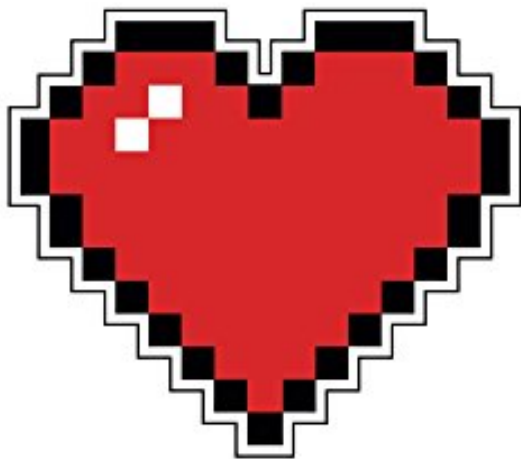


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# My Health Upgraded: Revolutionary Technologies To Bring A Healthier Future (English Edition)

## MY HEALTH UPGRADED

REVOLUTIONARY TECHNOLOGIES  
TO BRING A HEALTHIER FUTURE



**BERTALAN MESKO**

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### Description :

Prsentation de l'diteurInformation in our DNA can predict our future health. Biotechnology advances enable medical scientists to produce cells that fight tumors. Wearable devices measure our vital signs while at home. What we would have considered science fiction a decade ago is quickly advancing modern health care, and we havent seen anything yet.Trained physician and medical futurist Dr. Bertalan Mesko, author of The Guide to the Future of Medicine, offers us a fresh look at how innovative technologies enable us to

change health care for the long term. He shares advances such as the present reality of surgical robots and tackles questions such as whether nanorobots will ever swim in our bloodstream or whether actual, functioning organs can be made with 3-D printers. To keep readers grounded in the here and now, Dr. Mesko discusses how he uses technology to monitor and improve his own health. From charting his sleeping patterns to using exercise motivation apps, he gives us detailed examples of how we can use technology to live a healthy and proactive life. If you want an exciting and practical demonstration of where health care and medicine is heading, then *My Health: Upgraded* is for you.

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Biographie de l'auteur Dr. Bertalan Mesko is a medical futurist who gives presentations at institutions including the World Health Organization and Yale, Stanford, and Harvard universities on how to establish a mutually positive relationship between the human touch and innovative technologies. He is the author of *The Guide to the Future of Medicine*, featured in s top 100 books. One of the worlds leading biotech thinkers, Dr. Mesko serves as a consultant for pharmaceutical and medical technology companies. He works to educate health care professionals on how to use disruptive technologies effectively to converse with patients. He is the managing director and founder of Webicina, the first service that curates the medical and health-related social media resources for patients and medical professionals.